

Community Connections

7-DAY CANOE and BACKPACK, AGES 14-16

Saturday July 10th – Friday July 16th

Trip Start: This Adventure begins at Montpelier High School at 9 a.m. on the first day of the trip. Parents/guardians are encouraged to participate during the morning group introductions (most parents stay for the first hour or two).

Trip End: This trip concludes Montpelier High School at approximately 5 p.m. on the last day. Please be somewhat flexible with your travel plans as this time isn't always exact.

Itinerary: The participants will meet each other and their Community Connections instructors on the first morning at Montpelier High School. We will spend the morning getting to know each other, covering logistics and expectations, and thoroughly checking our personal gear and all group equipment. After lunch we will make any final equipment adjustments and head out for 4 days Backpacking in the White Mountain National Forrest of New Hampshire and 3 days of canoeing in Maine.

Equipment: Tents and general camping gear are provided. You should bring your own clothing, sleeping bag and eating utensils, including an unbreakable cup. We have sleeping bags and backpacks to loan if you need them, please let us know ahead of time.

The Backpack and Canoe:

We will begin our trip by entering in to the seldom traveled Wild River Wilderness within the White Mountain National Forrest. The Wild River Wilderness Area is home to rugged alpine peaks and lush river valleys protected under the wilderness act of 1960. Moose and the elusive pine marten are some of the animals you can expect to see traveling here. After 4 days of backpacking we will emerge on the border of New Hampshire and Maine. Here, a Community Connections staff member will be waiting to transport us north to Lake Umbagog were we will spend the next three days traveling by canoe to remote camp sites. On the water we will master our paddling and rescue skills, observe eagles and falcons and still find time for a good swim.

Meals: The group will prepare all meals from dinner on the first day through lunch on the last day, using supplied ingredients. **A hearty bagged lunch should be brought by each student for the first day!**

Questions? Feel free to call us at 223-3456.